

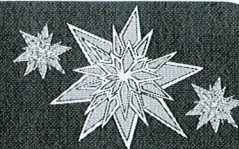


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Center of Gravity Gazette

JANUARY 2012



Mark Your JANUARY Calendar

- 5 - Senior Lunch**, 11:00 AM, New Boston Central School, see page 5 for menu
- **Blood Pressure Clinic**, 11:00 am-12:00 pm, New Boston Central School
 - **Foot Care Clinic**, 12:45 pm, Community Church of New Boston, see page 7 for details
- 10 - VOTE**, 7:00 am - 7:00 pm, New Boston Central School Gym, see page 8
- 12 - Senior Reading**, 10:30-11:00 am, New Boston Central School, details on page 7
- **Senior Lunch**, 11:00 AM, New Boston Central School, see page 5 for menu
- 13 - Film & Food Festival**, 7 pm, Whipple Free Library, see page 8 for details
- 16 - NBFD Auxiliary Red Cross Blood Drive**, New Boston Central School gym, see page 9
- 19 - Senior Reading**, 10:30-11:00 am, New Boston Central School, details on page 7
- **Senior Lunch & Celebrate Birthdays**, 11:00 AM, New Boston Central School, see page 5 for menu
- 20 - Community Church of New Boston Monthly Dinner**, 5-7 pm, see page 8 for more information
- **Perspectives Program**, 7:15 pm, Community Church of New Boston, see page 8 for details
- 24 - Senior Monthly Trip**, see page 2 for more information
- 26 - Senior Reading**, 10:30-11:00 am, New Boston Central School, details on page 7
- **Senior Lunch**, 11:00 AM, New Boston Central School, see page 5 for menu
- 28 - Winter Carnival**, see page 9 for more information
- **Ballroom Dancing**, see page 9 for details





DO YOU KNOW JANUARY IS:

- Celebration of Life Month
- National Blood Donor Month
- National Hobby Month
- National Hot Tea Month
- National Soup Month
- National Oatmeal Month
- Bath Safety Month
- Be Kind to Food Servers Month
- Get Organized Month
- National Polka Music Month
- National Skating Month
- Financial Wellness Month
- National Apple, Apricot, Asparagus, & Artichoke Month

Dear Seniors,

Happy New Year's and welcome 2012! We hope everyone had a happy and safe holiday season. As usual we have filled your calendar for January. Just because it is winter doesn't mean we are going to let you sit, we get you out.

Our weekly lunches continue on Thursdays at 11:00am at the school gym for \$2. Now that winter is in full swing please listen for school closings on Thursdays. If there is no school there is no lunch. If school is delayed we will still have lunch. Don't hesitate to call us if you are unsure, we don't want you to drive if you don't have to.

The Reading Program is in need of readers. Please call to let us know if you can help a 1st or Readiness grade student learn to read. Most if it is just listening as they are excited about learning to read and want to read to people. Call us if we can put you on the schedule, 487-5504 x113. More information is on page 7.

You will find lots more information in the pages to follow. We have the New Hampshire Primary on January 10th, the WF Library has "Film & Food Festival" on the 13th, the NBFD Auxiliary is hosting a Red Cross Blood Drive on the 16th, Community Church Dinner and Perspectives Program on the 20th, Winter Carnival on the 28th and Ballroom Dancing starts on the 28th.

On January 24th we will take our Monthly Field Trip for a nice winter lunch. Call us for the destination and/or if you are interested in joining us. We only have so many seats in our van so space is limited, reserve your space now.

As you know we list monthly birthdays, but only when people tell us what their birthday is. If you haven't seen your birthday listed please let us know so we can help celebrate you. You can call us or email us at m.manna@newbostonnh.gov.

Happy New Year to all,

Mike *MaryFrances*



New Boston Recreation Department

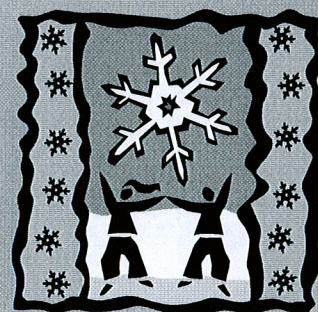
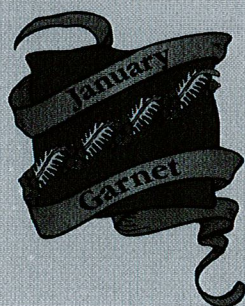
Mike Sindoni, 487-5504 x112 - m.sindoni@newbostonnh.gov

MaryFrances Manna, 487-5504 x113 - m.manna@newbostonnh.gov

HAPPY BIRTHDAY

January Birthdays

16th – Jeri Pierce
16th – David Seager
18th – Raymond Houghton
20th – Jane Margerom
20th – Catherine Deans
22nd – Rosemary Gallagher
23rd – Alice Follansbee
23rd – Gail Johnson
25th – Bea Peirce
25th – Olive Colburn
30th – Rita Manna
30th – Rose Colarusso
31st – Barbara Parnell



Crossword Puzzle

ACROSS

- 1 — Galahad
4 Cassini of fashion
8 Recuperate
12 Baseball's Gehrig
13 Space gp.
14 Lackadaisical
15 Possess
16 Oversized pitcher
17 Not ashore
18 Gotham superhero
20 Do — disturb
22 Jolson et al.
23 Evaded
27 Window section

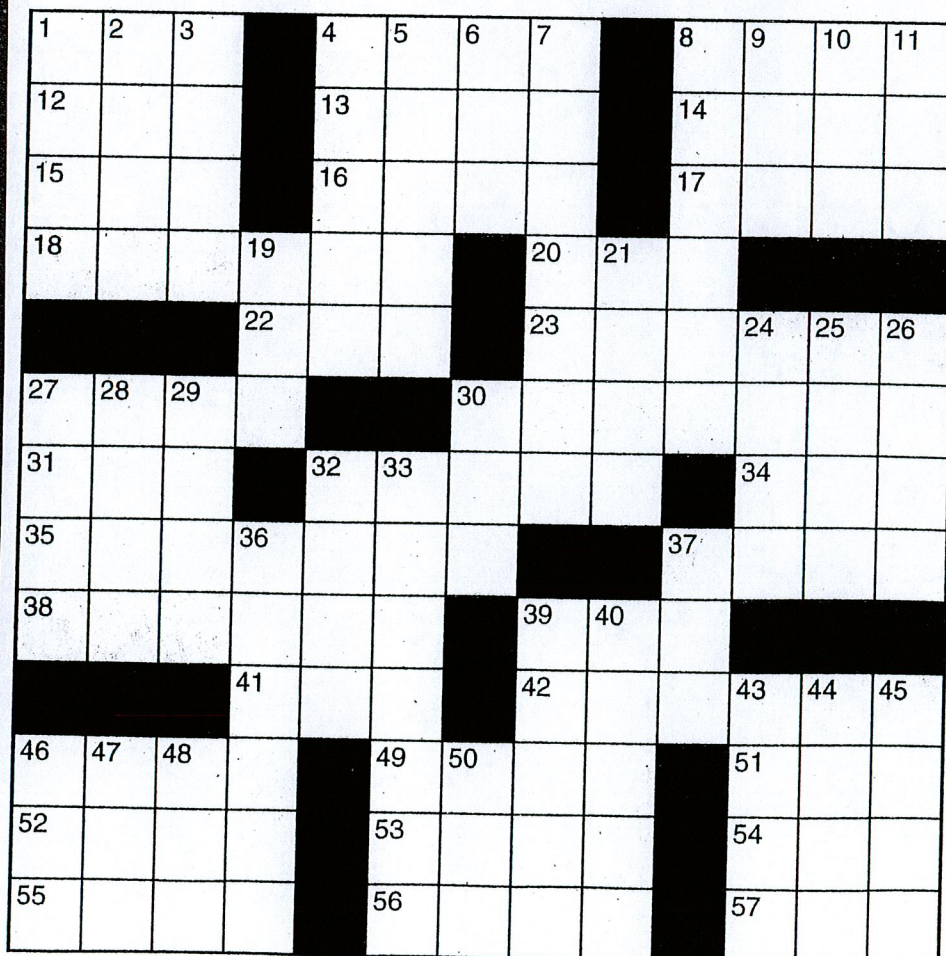
- 30 Take for granted
31 Tint
32 — rehearsal
34 Hr. portion
35 Tuscan tongue
37 Rental dwellings (abbr.)
38 Mascara brand
39 Mai —
41 House annex
42 Candy bar nut
46 Burn slightly
49 " — Tired" (2 wds.)
51 Previously named
52 Cotton bundle
53 Consumes

- pizza
54 Espionage org.
55 Glided
56 Colors
57 Santa's helper

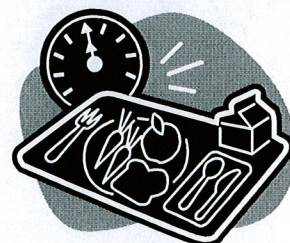
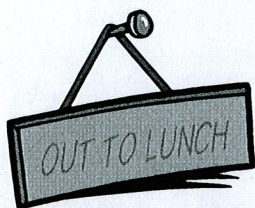
DOWN

- 1 Untidy person
2 Cedar Rapids state
3 Puniest pig, e.g.
4 Name on Shaq's uniform
5 Suburban sights
6 Compass pt.
7 Collects
8 Gap


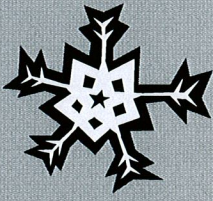

- 9 Sullivan and Asner
10 Microbrewery brew
11 Grazing place
19 "Bye Bye Birdie" mother
21 Spanish hurrahs
24 Unload
25 Radiate
26 Cozy places
27 Comedian Silvers
28 Passenger vehicle
29 Within shouting distance
30 Writing instrument
32 Watch face
33 Assembled
36 Looked askance
37 Focus on a target
39 Good judgment
40 At — (2 wds.)
43 Never before and never again
44 Astronaut Armstrong
45 Hard of hearing
46 "Numb3rs" network
47 Actor Holbrook
48 Actress MacGraw
50 Just might



January Menu



Join us Thursdays at the New Boston Central School Gym for lunch at 11:00 am.
The cost is \$2 or what ever you can afford.

	<i>1/5</i>	<i>1/12</i>	<i>1/19</i> <i>Celebrate Birthdays</i>	<i>1/26</i>
Entrée	Meatball Sub	Homemade Meatloaf	Chicken Cesar Salad	Mc Muffin Sandwich (bacon, egg & cheese on an English muffin)
Vegetable/Salad	Garden Salad	Peas		Baked Beans
Bread		Crusty Roll	Dinner Roll	
Dessert	Chilled Fruit Cup Sherbet	Fruit Salad Hoodsie Cup	Chilled Fruit Rice Krispie Treat	Fresh Fruit Honey Wheat Bar

Word Search Puzzle

G N I L U R L Q O P R I N C I P A L
 C G F G P H I G H P O I N T P S K W
 D A S H F H E I G H T T T D X L W Y
 H X E K E T F N F I N E S T A S I J
 X A S U P E R I O R P B H T G E I Q
 D T I M M U S T U I E T I L E N L P
 F I R S T E S O N H T D I L Q P P H
 G H T I N E Z N U T O A X E T R E V
 G R L F T B A A S A E A N C C I S A
 K L E A E C E O P G P S C I I M K N
 C C E V L I M S N O M E T M M E D T
 T R A E O E H I T K G E X O E L S J
 G S E R R C N C N P N E R H P O U I
 F V E O C W O W K C A H E I M P O C
 C U F R O A O R C R W C P T D H E M
 B C L R C R R X O G O H U E L I B R
 L O C F C P U P P E R C X T A I A Q
 U Z N I L E L W V I T S G O V K I N

ACME
 APEX
 APOGEE
 BEST
 CAP
 CHIEF
 CORK
 COVER
 CRACK

CREST
 CROWN
 CROWNING
 CULMINATION
 ELITE
 FINEST
 FIRST
 FOREMOST
 GREATEST

HEAD
 HEIGHT
 HIGH POINT
 LEAD
 LID
 MERIDIAN
 PEAK
 PINNACLE
 PRIME

PRINCIPAL
 RULING
 STOPPER
 SUMMIT
 SUPERIOR
 UPPER
 UTMOST
 VERTEX
 ZENITH



Foot Care Clinic



Thursday, January 5, 2012

The New Boston Recreation and Home Healthcare, Hospice & Community Services have partnered to bring a Foot Care Clinic to New Boston. The Foot Care Clinics will be held the first Thursday of the month at the New Boston Community Church from 1PM - 3PM. You need to call Home Healthcare, Hospice & Community Services to schedule an appointment. Appointments are \$20 and last between approximately 20 and 40 minutes.

Foot Care Can Be Difficult:

As we age we sometimes have problems easily caring for our feet. Conditions such as arthritis may hinder our flexibility. Cataracts and other eye problems can make it hard to see what we're doing. Nails may become thick and awkward to trim.

Services the nurse will provide at the Foot Care Clinic are:

- »Trims your toenails »Teaches you about good foot care »Massages your feet with lotion
- »Checks your feet for problems »Refers you to your podiatrist or medical doctor, or for shoe fittings, if needed

How Can I Make An Appointment?

Call Home Healthcare, Hospice & Community Services at 603.352.2253 or 1.800.541.4145

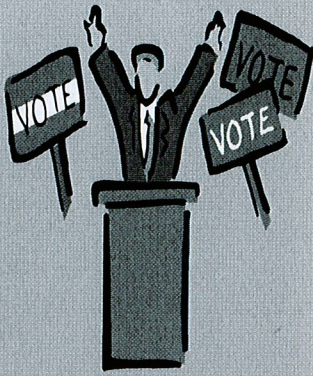
Can you help a 1st Grader learn to read? Reading Program



Can you spare 1/2 hour once a week to listen to a 1st Grader read? It is that time again for our Reading Program with the Readiness and 1st Graders at the New Boston Central School.

Our program begins on January 12th and continues every Thursday (that the school is open) until the end of May. We only ask for 1/2 hour of your time, from 10:30-11:00 AM. We try to schedule people 2 or 3 times a month. The kids love to have someone to read to and it is great to see the progress they make over a few months.

**To sign up or for more information call Mary at the Recreation Dept. now !
487-5504 x113 or email me at m.manna@newbostonnh.gov**



*Find the library on
the web at
whipplefreelibrary.org*



Get out and VOTE!

New Hampshire Primary

Tuesday, January 10th, 7:00 am - 7:00 pm

@ New Boston Central School Gym

News from the Whipple Free Library

What's new at the Library? In December we launched our weekly e-newsletter. Sign up at the Library or through our on-line catalog and receive weekly updates on newest books and movies and also upcoming programs/activities.

All Perspectives Programs (Adult programs that explore a wide range of interesting topics) are held at the Community Church at 7:15 following the community suppers. For January (the 20th) we're pleased to have New Boston's own Jon Brooks speaking about his unique furniture.

The Film and Food festival will resume in January...these fun evenings are held on the 2nd Friday of the month. On January 13th we'll be watching *The Fast Runner*, an Inuit story based on legend about a love triangle.

Book parties (formerly known as Book Discussion) will meet on the first Wednesday of the month starting in February.

Community Church of New Boston Monthly Dinner

All are welcome to join us at the New Boston Community Church on Friday, January 19th for a delicious hearty meal of beef stew, salad, roll and a scrumptious dessert. Come and kickoff the New Year with your friends and neighbors.

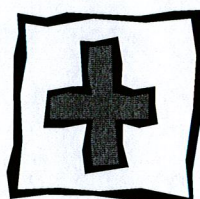
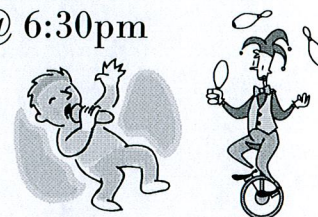
The cost of the dinner is \$8 for adults (ages 13 and up), children ages 6-12 will be \$6 each, and there is a family-friendly price of \$25 (parents and children) for a family of four. Take out is available for those on the run. Happy New Year to all!!!

Winter Carnival



Saturday, January 28th @ New Boston Central School

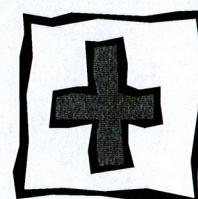
- * Full Concession Stand open 8am - 2pm & 4:30-8pm
Enjoy hot dogs, pizza, chips, candy, snacks, drinks and more
- * Basketball Games w/ Cheerleaders from 8am - 2pm
- * Family entertainer Scott Jameson performs classic magic, juggling and more @ 5pm
- * Our Famous (can't miss this one) Annual Lip Sync show @ 6:30pm



Red Cross Blood Drive

Monday, January 16th 2:00-7:00 PM
New Boston Central School Gym

Start the year right--save a life by donating blood



Did you know??? Your one donation of blood may save three lives.

Please join us to donate and enjoy an assortment of homemade soups and chili as well as a fabulous homemade dessert bar with treats made by the members of the NB Fire Auxiliary.

The Red Cross reminds you: Hydrate! Think Iron! Positive ID! Begin hydrating three days before you donate. This makes your veins more accessible, it can speed up the donation process and you will bounce back faster.

Bring your donor card or two forms of ID. The basic requirements to donate are a minimum age of 17 (no maximum age), weight of at least 110 pounds, and being in good health the day of your donation. Do you know you can donate even if you are on prescription medications and if your high blood pressure is under control. You can donate every 56 days.

If you have medical questions regarding donating, feel free to call the Red Cross at 1-800-462-9400.

For questions about the New Boston drive, contact Lisa Plourde 487-3273.



Ballroom Dancing

Come join the craze and learn the Foxtrot, Swing, Waltz, Chacha and Rumba!

Saturdays, January 28– March 31, 10 weeks
New Boston Community Church's Dignard Room

Beginner Class - 4:30-5:30PM ~ Cost is \$150 per couple or \$75 for individual

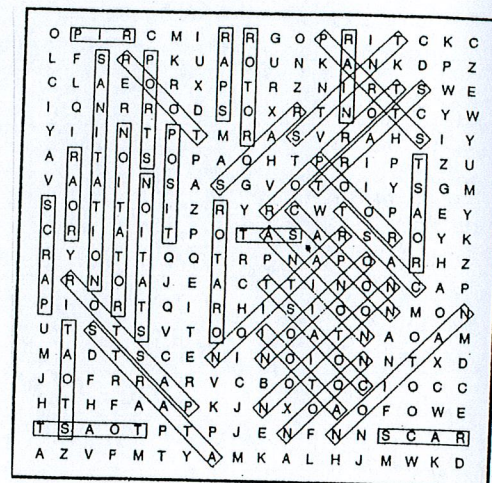
Pre-registration and Payment are required. Online registration and payment available
www.newbostonnh.gov/recreation

The greatest discover of my generation is that a human being can alter his life by altering his attitude.

William James

3	4	9	5	8	2	7	1	6
1	8	2	6	7	3	4	5	9
6	7	5	9	4	1	8	2	3
9	1	7	8	2	6	5	3	4
4	2	6	3	1	5	9	7	8
5	3	8	4	9	7	2	6	1
8	6	3	2	5	9	1	4	7
7	5	4	1	6	8	3	9	2
2	9	1	7	3	4	6	8	5

December Answers



New Boston Recreation

5 Meetinghouse Hill Rd

PO Box 382

New Boston NH 03070

Phone: 603.487.5504 ext. 112 or 113

Fax: 603.487.2887

E-mail: m.sindoni@newbostonnh.gov

m.manna@newbostonnh.gov



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